The Lions' Pride

THE LIONS' PRIDE MEDIA GROUP

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Frank Orlando's Jeopardy Experience

By Randawnique Coakley
Managing Editor &
Worldly News Editor

Mr. Frank Orlando, political science instructor, and director of the Saint Leo University Polling Institute competed on "Jeopardy." The episode, which aired Jan. 17, was viewed nationwide, and there was even an on-campus watch party in TECO Hall, where students and faculty members cheered Orlando on.

This was not the first time Orlando competed on a televised game show or even a version of "Jeopardy." Three years ago, he was a contestant on "Sports Jeopardy," which aired on NBC Sports Network and can be viewed on Crackle.

"I've been on 'Sports Jeopardy' before, which is basically the same show, but the questions are all based on sports, and it's a different host. It's not Alex Trebek. It's this guy named Dan Patrick, who is a sports commentator," said Orlando.

Though his first time on the original "Jeopardy," he most likely will not return to the show as a contestant because a rule exists that contestants are not allowed to reapply for the show. Jeopardy only requests contestants to return to the show in special cases, such as the "Tournament of Champions."

Nevertheless, Orlando beat the odds because the chances of getting onto "Jeopardy" are pretty slim. He said roughly of the 100,000 people who apply online, only 4,000 make it to the second round, and only 300 to 400 people make it onto the show.

Photo provided by Sony

Orlando wanted to compete on "Jeopardy" since when he was a child, watching the show with his grandfather. After years of applying for the show, he was finally able to achieve his dream.

The application process, which he described as "very difficult" and "a long process," starts with an online test, which is usually in the spring. It has 50 questions, and contestants get 15 seconds to answer each question.

"Usually, you need in the 40s out of 50 right. You don't know how you do because they don't tell you the answer… but… people will screen grab their screen from taking the test, and then go through and figure out the answers," said Orlando.

A high score in the 40s will qualify for the next round. The show emails those who qualify, instructing them to participate in the second round, which is in-person. There are roughly 10 to 12 different cities in which a person can compete in the second round. Orlando did not have to travel far since one of the cities last year was Tampa.

He said the second round is where the show interviews applicants to learn more about them, such as interesting facts and their desires for the money, and they also proctor the applicants taking the test. Once again, they have 15 seconds to answer questions that appear on the screen.

"You do a little bit of gameplay; so, you practice the game, and they make sure you are capable," said Orlando.

Afterward, applicants are told

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Paws of Love: Leash Reveal

By Aoife Mahony
Contributing Writer

On Feb. 26 at 11:30 a.m. the ceremony for "Paws of Love" was held in the Student Activities Building Room 117. Heidi D'Ambrosio, Coordinator for Student Affairs, explained, "Paws of love is a club offered on the school campus offering a fundraiser to get leashes."

D'Ambrosio said the decision to implement this program was made last summer. D'Ambrosio stated, "We looked at organizations we could support, and we all gladly decided to choose the Paso County Animal Services."

When asked why she chose this organization, D'Ambrosio said that she chose it because of the volunteer faculties' passion for the work they do, as they are not paid very much and

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Photos by: Aoife Mahony

The program got started in April last year. The idea of the bone (one paw up and one paw down) with stickers in the shape of a paw print was chosen to represen the names of the people that donated to the cause.

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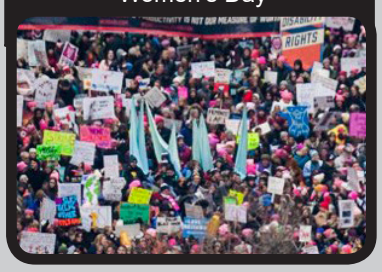

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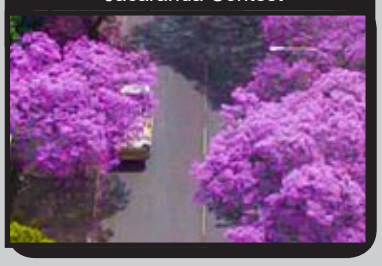

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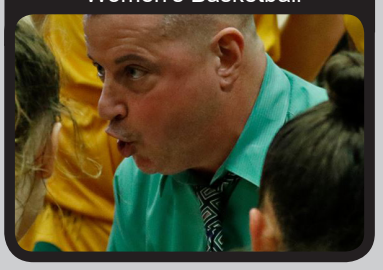

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Editorials

Nostalgia

By Travis Farmer

Editorial Editor

If you look at any form of popular media in the last few years, you're likely to see some "throwback" type of movie, show, or video game. Shows like "Stranger Things" have recently started a massive fad of having your media be set in the past and have an extreme commitment to the details of that period.

While media is regularly placed at different times from our own, these shows are using that period to give the viewer a specific type of feeling as they watch.

However, this is only one way that the media is doing this. While it may be the most apparent, it is far from the only way that media is weaponizing nostalgia.

Shows and movies like "Stranger Things" and "Mindhunter" use their time to make viewers feel more connected to the show in a way they otherwise couldn't.

Viewers who were kids in the 80's watch "Stranger Things" and feel like them and their friends could be the characters in the show and the adventures they're having could be theirs.

Another example of this is in the movie "Boyhood." For those unfamiliar, "Boyhood" was filmed over a decade as a kid aged in real time.

Every couple years the film crew would pop in and shoot a few scenes of his life and eventually made a movie out of it.

With this, some of the scenes were shot over a decade ago, and one of the biggest takeaways from the movie is the feeling of transported back in time. Even things as simple as seeing the character using a Gameboy feels nostalgic since you realize that was filmed when Gameboy was all there was. It isn't just a prop for a movie set in the early 2000s.

In the video game world, nostalgia is even more rampant than movies or television. Remakes and remasters dominate the market.

The biggest game of early 2019 was Resident Evil 2, a remake of 1998 classic that fans have been clamoring for twenty years.

While the game stands on it on as a fantastic experience, it also stands on the tomb of the original version for fans to go back and feel like they're kids again being scared for the first time.

Another video game examle and perhaps the most relevant one comes from World of Warcraft. World of Warcraft is a video game that has been running for over fourteen years.

Every few years a significant expansion comes out, and the game as it is today paying little resemblance to the game that came out in 2004. Fans refer to 2004 era World of Warcraft, before any significant changes, as "vanilla" or "classic".

While Classic World of Warcraft was nowhere near as advanced of a game as the game is today, fans have still been screaming for Blizzard Entertainment to release servers where players could play the Classic, un-altered version of the game.

Does anything in Pop-Culture give you a sense of Nostalgia? Let us know when you see this article on Instagram and Facebook in the comments below.

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Photo taken from: @Stranger_Things

Shows like "Stranger Things" have recently started a massive fad of having your media be set in the past and have an extreme commitment to the details of that period

Campus News

Jeopardy Cont'd

if they made it into the contestant pool, where they can remain for 18 months, and if the show doesn't contact them within that time frame, then the applicants return to the first step of the process by taking the online test again.

Orlando continued to explain his own application process.

"I took the test last year online in March," he said. "The middle of May was the in-person, which was really fun. And then, I kind of forgot about it other than my family members being like 'any word from 'Jeopardy.'"

He had doubts of advancing to the live show, but at the end of October, he received a phone call informing him he did advance. He had mixed feelings of getting the news.

"I didn't really know what to think because I was super excited, but also I was like 'I've got to get down to business here.' It's a good thing to get on the show, but it's like you want to win," said Orlando. "So, it was a mixture of excitement but also apprehension … I don't know if anyone is really ready."

Additional pressure came because filming was the week after Thanksgiving, so he only had four weeks to prepare. However, he engaged in a systematic approach to studying in the little time he had.

"I tried to be as analytical as possible. The first thing I did was to see how well I was doing, and I used a website called Jarchive," said Orlando. "It has every question from the show; people update it every day."

Orlando went through each board and coded the questions based on the topic. He broke down topics into geography, history, politics, music, literature, art, television, film, science, math, etc. He then tested himself to see how many he knew in each of those categories, giving himself two or three seconds because on the show contestants have to answer quickly.

After roughly two weeks' worth of these self-tests, he determined the categories he excelled in, which were history, geography, politics, music and sports. He got 80 to 90 percent of these questions right. So, he spent the remaining time studying other topics, such as literature and art, by using reference books and encyclopedia passages, with information with famous authors and classical works of literature. Looking back, he believes it would have been better to start studying during the summer rather than during the semester when he was really busy.

Another challenge he faced was fitting the filming with his work responsibilities. Jeopardy's filming schedule conflicted with his work schedule.

"Jeopardy's" structure is consistent. They film on Tuesday and Wednesday, five episodes a day. So, every week viewers watch Jeopardy is one day of filming. They film the first three episodes in the morning, followed by lunch, and then the fourth and fifth episodes after lunch. Contestants have to arrive Tuesday morning at 7 a.m. and remain there until Wednesday afternoon.

Photo provided by Sony

He got his double daily double, which he thought was easy. However, he didn't do a true daily double; he didn't out of fear of getting the question wrong.

"I came back on Wednesday night--red-eye--I left there at like nine or ten at night, and I got to Orlando at like five in the morning, and then, I taught a class an 8 o'clock," he said. "So, I taught on Monday. I missed Tuesday and Wednesday, but then I taught a class Thursday starting at 8 a.m."

He also mentioned that the show does not pay for contestants' flight or hotel stays, but they give six tickets for supporters, which his father and sister came to support him. However, the cost of the flights is offset by the prize money, but the prize money check it is not received until two weeks after the episode airs.

In hindsight, Orlando said he would have studied more contemporary art and current news; he also would have worked on his buzzer skills.

"So, I think I would have maybe done a little more on current events. Also, I think I would have tried to figure out a way to work on my timing. It's tough to do unless you are actually on the show unless I could have figured out how to get the buzzer timing," said Orlando.

In "Jeopardy," a contestant is not able to buzz before the question is completely read by Alex Trebek. There is a person whose job it is to open up the buzzer system, so when the question is asked, the person pushes the button, and lights turn on. When the lights turn on, the contestants can buzz in.

"If you buzz in before the lights turn on, you get locked out for a quarter second, and if you get locked out, the other people are going to be buzzing before you," said Orlando.

During the show, Orlando started off buzzing on time, but after another contestant buzzed in before him, he tried to anticipate the end of the question and got locked out for a few of the questions because he buzzed before the light turned on.

Orlando said he knew most of the answers. He said it's a two-part thing: figuring the answer out and getting ready for the buzzer. So, he had problems with the timing.

"I wasn't listening to Alex read the questions at all. I mean no one does. You can read faster than you can listen to a guy reading the questions," he said. "So, I am reading as is everyone. You read, figure it out and prepare yourself for the buzzer. John, the guy who won, got into a rhythm."

In the end, he answered 16 right and one wrong, and he was in second place for the majority of the episode but came in third due to the final "Jeopardy" question. Despite losing, Orlando thinks that no matter what people say, like his buzzer performance, it doesn't hurt the reward of being on the show.

"The value of getting on the show was for my own edification. It was for me to achieve something that I wanted to achieve. No reaction from other people could change the accomplishment that I wanted," said Orlando.

Ever consider competing on "Jeopardy?"

You can **register now** for the upcoming online test on jeopardy.com/be-on-j

The online test dates are:

April 9, 2019, 5 p.m. PT
April 10, 2019, 6 p.m. PT
April 11, 2019, 8 p.m. PT

Leash Reveal Cont'd

are only allowed to work certain hours."

Saint Leo students and D'Ambrosio scheduled a time to meet with Sarah, a volunteer at Pasco County Animal Service. D'Ambrosio said, immediately we met the passion and the love she felt for representing Pasco County Animal Shelter. "We had to decide what could we do and furthermore we decided to 'plant a pea and make a difference.' After all, we all love animals here at Saint Leo University; even the cats can admit that as they proudly prowl around the campus." D'Ambrosio was optimistic saying, "We are going to make this happen, make a difference."

"Our program got started in April last year. The idea of the bone (one paw up and one paw down) with stickers in the shape of a paw print presenting the names of the people that donated. (maybe here have a picture of the print). We also were thrilled that we had donations from different companies. We are even grateful for support all the way from families from New York and New Hampshire. The social media students' representatives from the University also promoted us by advertising our posts on Facebook and Instagram. The idea of community service came a long way and we are so grateful for this, our mission is complete, made this dream come true".

D'Ambrosio proudly revealed the 135 leashes under the veil causing the room to explode with applause. Some leashes were made stronger for bigger animals. Along with dog leashes, there were cat toys included as D'Ambrosio said, "we can't forget about the cats." D'Ambrosio thanked the common for their help stating they weren't just volunteering; they were in it because that's what they genuinely wanted to help.

Photo by: Aoife Mahony

Volunteering at the Pasco County Animal Shelter is relatively easy, anything you can do to help the staff and team is well appreciated.

One of the volunteers in the Pasco County Animal Shelter who wished to be identified as Sarah, said some students do not have the means to donate but will still walk the dogs which is also so helpful to the group here at Pasco County.

Sarah continued, "Anyone donating their time shouldn't also have to donate their money unless they want to. From my interpretation, the quality of their work serves more than the quantity."

Continue reading the full article on lionsprideonline.com

Worldly

Women's March 2019 - Controversies

By Kendjana Adolphe
Contributing Writer

As March is Women's History Month and International Women's Day is near, it is important to reflect on recent Women's Rights. On Jan. 21, 2017, five million women and men all over the world reunited to speak out for the freedom, rights and justice of women and allies. And once again this year, on Jan. 19, the Women's March Global flooded the streets of Washington D.C, along with other cities in the United States and in other places around the world.

The first Women's March in 2017 occurred the day after the inauguration of President Donald Trump, and for many, the tensions rose due to some offensive statements by Trump considered as anti-women. Therefore, the movement was seen as an anti-Trump protest by some people. But organizers, such as Carmen Perez and Tamika Mallory, insisted on the fact that it was a non-partisan event only aiming at ending racial profiling, and keeping access to abortion and birth control, among other issues.

"It's not a march about Trump, the man… it's a march about women's rights that are very much imperiled by the policies President-elect Trump appears headed for," said Terry O'Neill, the president of the National Organization for Women, as reported by PBS.

The 2017 rally has been the largest protest in U.S. history and one of the largest of the world. However, despite the attention and support garnered, there are controversies around the event. In Feb. 2018, Tamika Mallory, co-chair of Women's March Inc. allegedly made anti-semitic remarks at the Nation of Islam's Saviors' Day event.

Vanessa Wruble, executive director of the organization, as reported by Vox confessed that "the controversy caused by Mallory's declarations had people confused about whether or not they should march." However, she added that it was important that everyone march.

Therefore, the controversy surrounding the Women's March, brings out numerous questions: Has the Women's March Inc. created too much tension among the females' world? Is the march no longer what it once was?

There were people at the Women's March who were not in full support due to the controversy. At the march in N.Y., when Agunda Okeyo, director of Women's March, was delivering her speech, an audience member shouted out loud: "The Women's March does not represent Jewish people! The Women's March is the real Nazi Party!"

Also, in the wake of the allegations, the Democratic National Committee and other organizations, such as the Southern Poverty Law Center and Jewish Community Relations Council of Greater Washington, had severed ties from the Women's March in 2019. Similar to the organizations distancing themselves from the Woman's March, there are various individuals who are not in favor of the woman's march, including students on campus.

Monica Molina O'Neill, a senior at Saint Leo University, majoring in business management and minoring in religion, traveled to Washington with other students to participate at the Pro-life March, which is the day before the Women's March. She did not attend the Woman's March, but O'Neill shared her views on the movement. She said that despite the fact that she agrees with many of the purposes of the March, like ending violence, workers and civil rights she does not agree with their demand for reproductive rights that include abortions, the use of contraceptives, etc. According to O'Neill, the attitude of the women in the movement comes across as vengeful as she noticed people waving signs that insulted other people on her way to the Pro-life March.

"I believe that the Women's March should be gone about in a more respectful manner; instead of being off- putting or vengeful in the way it seems to be, but rather empower women in what they are supposed to be as created by God, which is not a one size fits all. But we are also not men, which doesn't make us unequal to men in terms of value or power, but just having a different makeup already gives us power," she added.

The march for other people is one way to express their concerns and support the causes they care about. Camilla Starck, president of the organization World Citizens for Saudi Women, participated in the Women's March in Stockholm, Sweden. She marched and gave a speech to support feminists in Saudi Arabia.

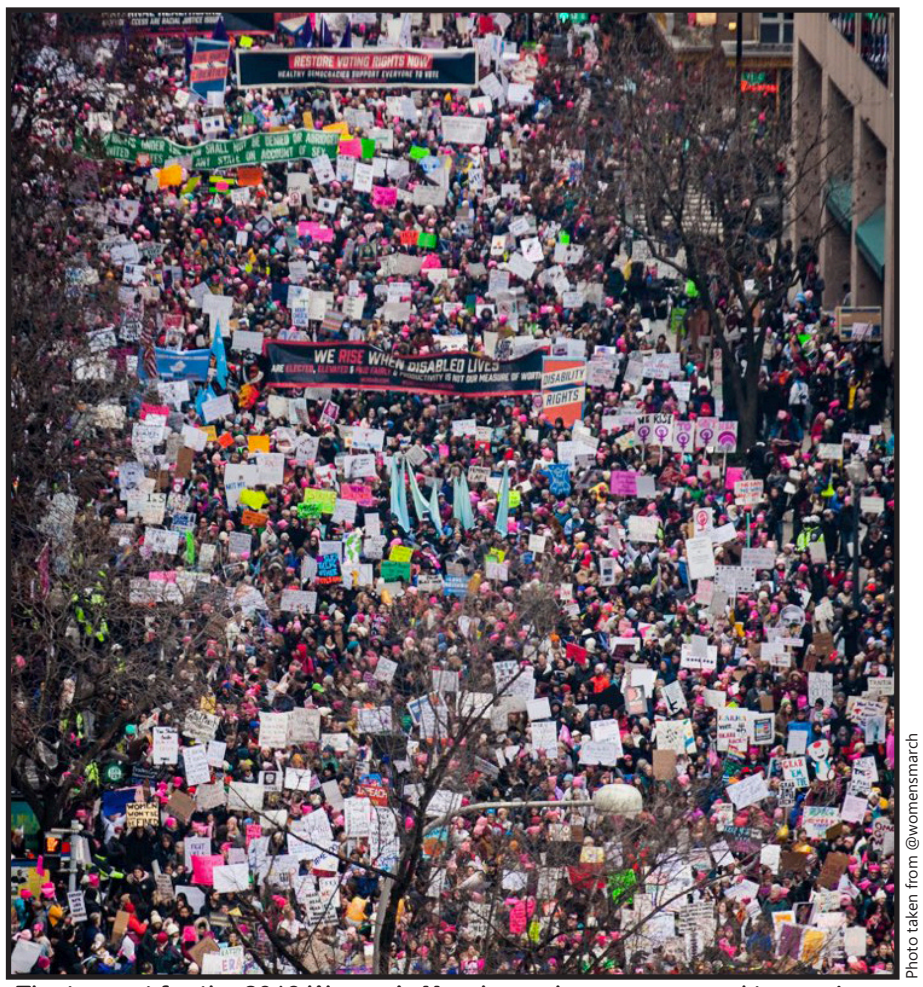

Photo taken from @womensmarch

The turnout for the 2019 Women's March was lower compared to previous years. It has been estimated at 60,000 in Washington D.C., considerably lower than an estimated 500,000 in the Wastington D.C. march in 2017.

"By reading the statements from Saudi feminists and women suffering under male guardianship on a march like women's march, the situation reaches a broad audience, and it makes people understand that no woman is free until we all are," she shared.

Starck said that her experience was great. Usually, people in her country fear supporting Middle Eastern women because it can be a dangerous cause to support; but, according to Starck, this is not the case for Women's March Stockholm, where they push for everyone to have equal rights. However, Starck is disappointed by the Women's March U.S. She believes that the women show more support for Islam as a religion than the women who suffer from patriarchy in the Middle East.

"Women's March Global is a movement from which I have very good experience but Women's March U.S. seem to be way off in this aspect, ignoring suffering in the Middle East and focusing on promoting Islam in the U.S. it seems. How did feminism become a religious mission? To mix religious messages into a women's march like they did in the U.S. is bashing every woman who suffers from religious politics," said Starck.

Therefore, the controversies seem to be more in the U.S.A. than in other countries. As O'Neill and Starck agreed to, this rally is a great tool for women to share their complaints and opinions and should definitely persist. However, the main branch of the movement should revisit their objectives and be less insulting towards others since they are preaching acceptance and inclusion of each and every one.

Starck gave a speech to let people know about the extent of the oppression women are facing in Saudi Arabia.

Photos provided by Camilla Starck

Starck mentioned that in Saudia Arabia all protests and marches in the country are illegal in Saudi Arabia; so, she used the Women's March Stockholm to give a speech and support the rights of women.

Lifestyle

Ways to Celebrate Saint Patrick's Day

By Victoria Calvillo
Contributing Writer

For most, Saint Patrick's Day is a day for celebrating the Irish heritage by going out for alcoholic drinks. However, what is there to do for those who do not want to go out and drink to celebrate the holiday? Here is a list of a couple of activities that do not involve alcohol.

1. Try Saint Patrick's Day themed drinks and food:

Restaurants are known for their holiday drinks and other specials they have for a limited time. Places bring back reoccurring items during the Saint Patrick's Day season, a couple of restaurants that participate are Arby's, Baskin Robins, Culver's, Dairy Queen, McDonald's, Dunkin' Donuts and Krispy Kreme. Arby's brings back their mint chocolate milkshake, with Andes candy pieces on top of the whipped cream, according to Offers, online blog. Baskin Robins, McDonald's and Culver's also sell green shakes in celebration. Dairy Queen makes their Mint Oreo Blizzard their blizzard of the month due to the green tint from the mint. Dunkin' Donuts has a mint brownie donut that is topped with green icing and filled with mint brownie butter cream. Lastly, Krispy Kreme tints their glazed donuts green; however, this special is only available for a couple of days surrounding the date of Saint Patrick's Day.

Photo credit: KrispyKremeDoughnuts

Celebrate Saint Patrick's Day by enjoying one of Krispy Kreme's O'riginal Glazed Doughnuts turned green for a limited time.

2. Take a virtual tour of Ireland:

Since actually visiting Ireland is not really an option at this point in the semester, the next best thing is a virtual tour. Virtual Visit Tours is an online 3600 site that allows guests to explore desired destinations around the world. Some of the sights in Ireland that one can visit while on the site are the Hook Lighthouse, National Museum of Ireland, Saint Patrick's Church of Ireland Cathedral and Kinbane Castle. The virtual tour allows the visitor to zoom in and out, roam and see the view in full screen. This allows for an in-depth look at infamous Irish sight-sees for those who cannot travel to the country.

3. Eat traditional Irish food:

A great way to observe an Irish holiday is by trying traditional Irish food. According to Donal's Home, online recipe blog, some components of a traditional Irish feast are potato and Irish cheddar rolls, Irish soda bread, Irish stew and Irish oaty apple crumble. Potato and Irish cheddar rolls are light rolls that are covered in a thick layer of melted butter. The rolls go well with Irish stew; the stew has lamb, chopped onion, celery and carrots. The easiest thing to bake is the Irish soda bread, which includes sea-salt, cheese and other herbs. The bread is versatile and an Irish classic. For dessert, there are many different options such as oaty apple crumble. The dessert includes wholemeal flour, oats, nuts of one's choosing and custard. The apple crumble is usually topped with ice cream, similar to apple pie in America.

4.) Watch Irish movies:

Watching Irish movies can help those who do not know much about Irish culture gain a little better perspective on Irish life. Watching another country's movies can expose outsiders to their language, culture and different mannerisms. Daniel Day-Lewis stars in the Irish inspired film, "In the Name of the Father." The film is a historical courtroom drama; Day-Lewis' character is coerced into a confession of an IRA bombing, states BAZAAR, online magazine. Another great movie is about an Irish immigrant moving to the busy streets of Brooklyn, N.Y. The film is titled, "Brooklyn," showing the hardship the character goes through as he is immersed into a new American culture. The last suggested film throws it back to old-day Disney channel, "The Luck of the Irish." The movie plays off several stereotypes of the Irish culture but also dives deep into the roots of the family's life being Irish. The film depicts a teenager who must find a gold charm in order to defeat an evil leprechaun.

5. Learn how to Irish step-dance:

There are many sites where one can learn how to Irish step-dance, such as WikiHow, online instructional source. First, to appreciate the dance, it's important to gain some informational background knowledge. There are three types of shoes worn which are girl's soft shoes, boy's soft shoes, and hard shoes. Each type of shoe has a different purpose, the soft shoes are for light, single jigs, and hard shoes are for solo dances like the one called "hornpipe." Next, the proper clothes should be worn when learning; since beginners need to feel ligh0t for the dance, first-time dancers should wear shorts, a tee-shirt and socks.

When the proper attire is put on, the beginner would start with simple drills such as singles, doubles and switches. Singles include hopping on one foot and then stepping. Doubles include the same steps as a single, except there are three steps at the end. Lastly, switches are when the dancer switches from one foot to the other. When attempting these steps, the dancer needs to keep a straight spine and pulled back shoulders.

The Lions' Pride Weekly Word Search

Happy Saint Patricks Day

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SHAMROCK

Arts & Entertainment

Jacaranda Poetry Contest Open to

By Natalia Harris
Contributing Writer

Creativity and self-expression are in the air as National Poetry Month graces Saint Leo with her presence.

The Pasco Fine Arts Council and the Cannon Memorial Library at Saint Leo University are calling all poets to celebrate with the Jacaranda Poetry Celebration.

"As part of our community outreach, the Cannon Memorial Library occasionally partners with other departments on campus, as well as outside agencies," said Jacalyn Bryan, Saint Leo librarian. "In this way, we can better serve the SLU community and the community-at-large."

This celebration entails a poetry contest culminating in a poetry reading and reception, offering opportunities for poets in a public forum. This competition has been held periodically by the Pasco Fine Arts Council over the past few years. Saint Leo hopes that this will be an annual event and partnership between the Cannon Memorial Library and the Pasco Fine Arts Council.

"In the past, Saint Leo has hosted an art exhibit on 'Historic Pasco County' that was curated by the arts council," said Bryan. "In the case of the poetry competition, the arts council is providing publicity and handling the entries and fees; the library is also providing publicity and overseeing the judging of the poems, as well as the reception on April 3, where they will announce the winners."

Bryan said anyone interested in participating is welcome to contact her in the library.

Judges selected by the librarians are both published and hold MFAs in creative writing with an emphasis on poetry. The judges will use a blind review process. There will be no personal identifying information on the poems that they view. The poetry contest is open to all poets. Awards will be announced at the Jacaranda Poetry Reading.

Applicants may enter the competition via mail or online. Check the website for further information and the address at https://www.pascoarts.org/jacaranda-poetry

Invited readings will include awardees, honorable mentions and judges. Open readings are welcome on a space available basis (three-minute maximum per person).

CONTEST RULES

This event is free and open to the public. Guidelines to entry are:

- Poems must be original and not previously published.
- Poems must be typed and limited to one side of one page.
- Entry fee is $3 per poem with a limit of three poems per person.
- Deadline for submission is March 13, 2019.
- All entries will be reviewed by a panel of professional judges including published authors Carol Ann Moon, MA, MA (LIS), MFA and Brittany Leigh, MFA.

Photo by @unclescrooch

Jacaranda is native to tropical and subtropical regions of Mexico, Central America, South America, Cuba, Hispaniola, Jamaica and the Bahamas.

Arts & Entertainment

Best Places to Visit for Spring Break

By Brianna Pearson
Campus News Editor

Spring break is coming up, and you need to start planning how you want to spend it. We have many ideas for you for this upcoming week!

Located in Williston, Florida, Devil's Den Spring is a great way to stay cool. Approximately an hour and a half away from Saint Leo, Devil's Den has become a trendy destination to Floridians and tourists. Known as "Central Florida's prehistoric swimming hole," the spring is located 60 feet underground. For this spring you must be able to snorkel or be SCUBA certified because general swimming is prohibited, but there are many other springs/rivers where general swimming is encouraged.

A great river for swimming, tubing and rope swinging is Rainbow River. Rainbow River is a Florida State Park visited by thousands every year. Located in Dunnellon, Florida, which is about an hour and a half away as well, Rainbow River offers tubing and kayaking. If you decide only to swim, the fee is $2 and children six and under swim free. They have tubes for renting, but you can bring your own if you wish. Many people bring a kiddie pool and put their cooler in it so it will float and go down the river with them.

Weeki Wachee Springs, located in Weeki Wachee, Florida, is a great place to hang out, cool down and see some mermaids. Like Rainbow River, Weeki Wachee is also a State Park. Until March 15, prices are discounted, so an adult ticket is only $8. This ticket covers access to Buccaneer Bay Waterpark, the mermaid show, the wildlife shows and a riverboat ride. This is one of my personal favorite places. They have recently renovated the entire park, but the park has been there since 1947. The water is "home to Mermaids, turtles, manatees and bubbles." The mermaid shows are held in an underground theater. While being underground, there is a large glass wall that's separating you and the spring. The beautiful mermaids swim in the spring and do tricks for the audience like eating an apple underwater and drinking a whole coke underwater. Sometimes little friends like turtles join the mermaids in their shows.

If you are not into water, the Universal Citywalk is a great place to visit. Located in Orlando, Citywalk is home to many restaurants, stores and nightlife. VooDoo Donuts is a now-famous donut shop that is loved by many. They have crazy donut toppings like Fruit Loops, Grape dust, Captain Crunch, Bubble gum and mini M&Ms. VooDoo also offers a vegan menu of donuts as well. They have something for everyone. Citywalk also offers the Toothsome Chocolate Emporium which is a restaurant, bar and confectionary. They serve dishes like steak, seafood and even brunch. The dessert menu includes amazing shakes with flavors such as Brownie Bark, Bacon Brittle and Salted Caramel Flan.

If you are looking to get away for the weekend, I recommend taking a road trip down to Miami. The air is warm, the beaches are cool and the nightlife is fantastic. South Beach is known for its art deco architecture and beaches. There are many clubs for students 18 and older and bars for students 21 and older. Many celebrity-owned eateries are located in Miami as well. Miami is a further destination, approximately four hours from Saint Leo, but well worth the drive.

Another far, but worth the drive would be to Gatlinburg, Tennessee. Gatlinburg is a quaint town that is full of things to do. One of these things is called Anakeesta. Anakeesta is a sky ride/ski lift up in the mountains. When you get to the other side, they have a shopping area full of cute souvenirs, and many bear knick-knacks. Gatlinburg does have black bears, but it is incredible to see them down below when you are on the ski lift. This town has many different shops to go to as well. When I went, I got my caricature done and then went out for ice cream. For dinner, I thoroughly recommend Calhoun's. This restaurant has such a variety of southern comfort foods that are scrumptious. At night, there are clubs and bars, but also an arcade that stays open all night long.

So, grab your girl gang or best bud and have an amazing Spring Break. Be safe, everyone!

Photo by @BeaconMiami

On South Beach, everything is within walking distance. Don't bring a car onto the island because parking is expensive and stressful.

Photo by @clingmusic

Devil's Den is 200 feet deep.

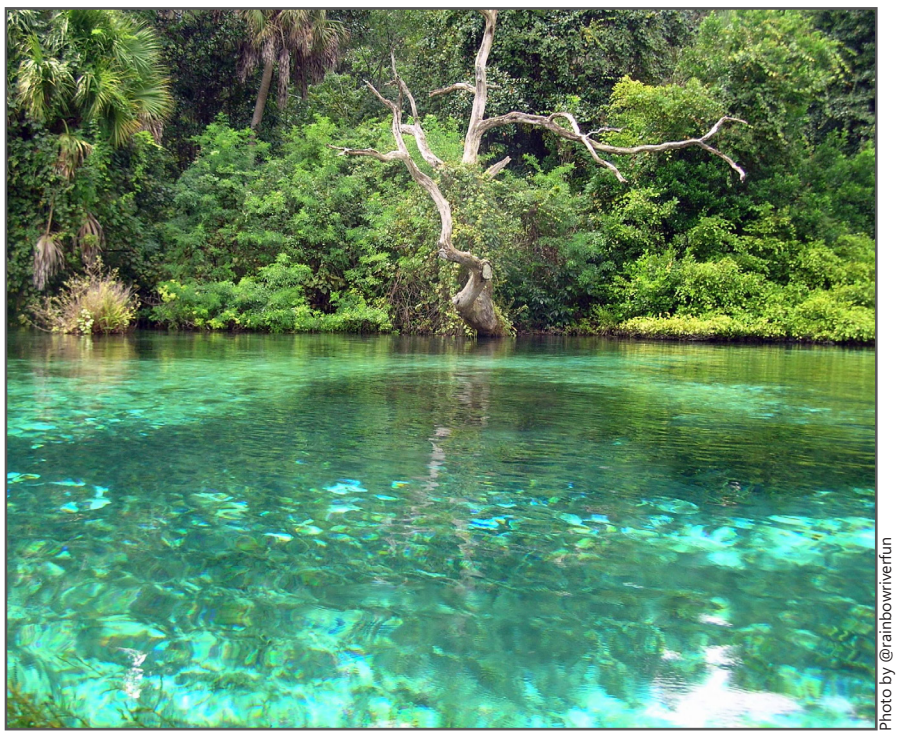

Photo by @rainbowriverfun

Rainbow River is 5.7 miles long.

Sports

Women's Basketball Season in Review

By William Burns
Contributing Writer

Now that the Saint Leo women's basketball season has been wrapped up, it is time to look back at notable performers of the year and recognize the players who had the biggest impact on the court. No matter how the season turned out, there is always something good to look at and something good to look forward to with the future of the program.

The women's team did not make the playoffs winning only 10 games, while losing 18 of them. The team ended with five wins in conference compared to 15 losses, trailed only by Florida Tech, and Palm Beach Atlantic, who finished out the bottom of the Sunshine State Conference standings.

Head coach Anthony Crocitto had some words about the season. "We have a lot of young players, and the team encountered some injuries throughout the season that set us back. However, the team was resilient, and they have hunger, which is a good foundation for next season."

The women's team was lower than their opponents in most major categories, but there were two that the Lions excelled at; these were blocks per game, and three-pointers made per game. However, even though they made more deep shots per game, they shot a lower percentage than opponents, leading to an average point gap of nearly eight points behind their opponents.

The team will be losing Casey Wortley, who was the team's leading scorer, averaging 11 points per game, and hauling in a little less than six rebounds per game. She also was top five on the team in steals with 27 and led the team in blocks with 38. Asia Royster will also be leaving the team. Royster was a top five scorer on the team, averaging over seven points per game.

Photo credit: saintleolions.com

Saint Leo finished with a record of 10-18 and going into next season coach Crocitto said, "We need to take our aggressiveness to the next level in order to get into the top of the conference."

In the interview with coach Crocitto, he talked about how this conference is one of the hardest conferences in the nation for division two basketball. "We had a really young team, but Alani Gallagher showed promise in the last month of the season to become one of the best players in the conference. We also have some promising freshmen, but the whole team will need to put in a lot of hard work over the offseason and narrow our focus to build the program to new heights."

Crocitto also talked about Gina Brierley's leadership role on the team. "Gina does a fantastic job in the classroom and community and has elevated her game compared to the last two seasons."

Now that this season is over, coach Crocitto has some goals for the coming season. "We need to build a tough program that is mentally tougher than we were this season. We need to take our aggressiveness to the next level in order to get into the top of the conference. Our team is so academically dominant in the classroom, and I want to see that dominance on the court too."

The women's team is definitely excited for next season and hopes that they can keep getting fans to watch their games and cheer them on as they look to build off this seasons success.

Photo credit: saintleolions.com

Coach Anthony Crocitto recently bid farewell to graduating seniors Casey Wortley and Asia Royster at the team's senior night during their final home game Feb. 27. The two players combined for 29 points, two assists and six rebounds in their final home game.

Tips For Stretching

By Christopher Daniello
Contributing Writer

Many people love playing sports and being active outside; however, as people get older, one thing that is lacking is the stretching beforehand. In Little League and Pewee Football, stretching was overlooked because of how flexible kids are. However, as the age grows so does the body and the need to stretch before sports.

Stretches do not only have to be beforehand but after the fact as well. A warm-up session elevates the heart rate and increases the blood circulation to the muscles, which saturates the muscles with oxygen. The after stretching, or cool down, redistributes the blood flow, causing the metabolic rate to decrease.

When stretching, people want to start from the top and go down to the bottom.

The first stretch can be the arm cross in front of the chest. While standing, bring your arm across your chest with the palms up. Keep your arms straight, grasp your upper arm above the elbow with your left hand and slowly pull in towards and across your chest. Hold for 10-20 seconds then repeat.

Next can be the forward lung stretch. While standing, take a long step forward until your right knee is directly over your right foot, keeping your back leg straight, your forward foot on the floor, and your hands on the front thigh. Lower your hips slowly forward and down. The heel of your back foot may or may not be on the floor, depending on your flexibility; hold the stretch for 10-20 seconds.

One of the most pulled muscles for both men and women while running is the groin muscle. One of the best stretches for this is the butterfly stretch. While seated on the floor, bend your legs so that the soles of your shoes touch. Your legs should be relaxed, and knees should be flat on the floor.

Lean forward from the waist with a straight back.

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